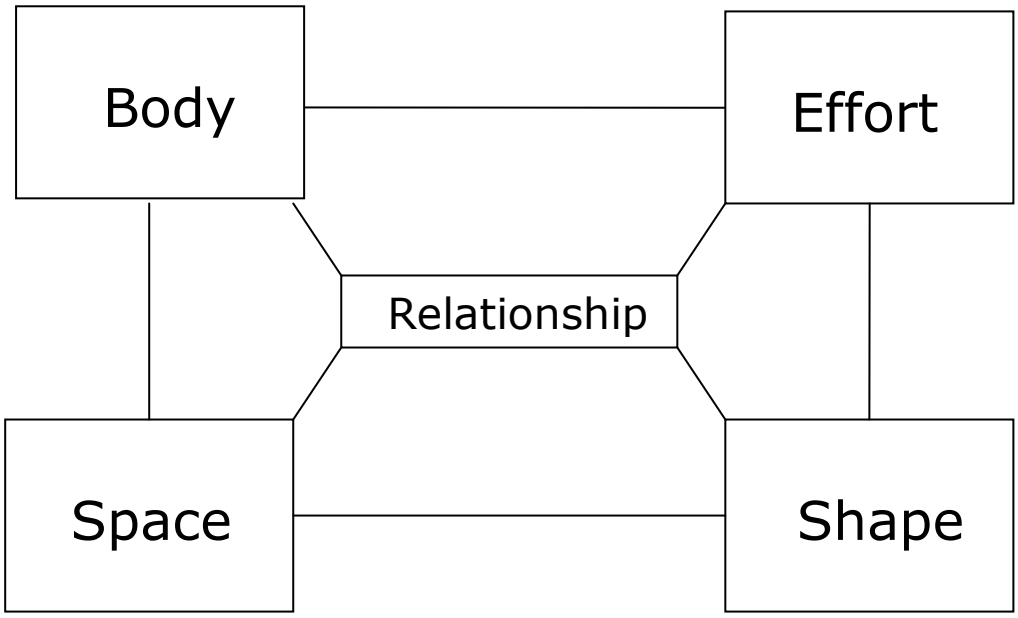
Overview terminology used in Laban/Bartenieff Movement Analysis

Categories
Laban/Bartenieff Movement Analysis:



Body

Every whole body-coordinated movement goes through the following phases:

- Yield
- Push
- Reach
- Pull

9 Bartenieff Principles

Movement Principles that can be applied to all (dance) movement

- **Developmental Patterning ***
- Breath Support
- Core Support
- Dynamic Alignment / Connectivity
- Initiation & Sequencing
- Weight Shift
- Rotary Factor
- **Spatial Intent**
- **Effort Intent**

6 Bartenieff Fundamentals

Exercises that demonstrate essential characteristics of all (dance) movement

- Thigh Lift
- Forward Pelvic Shift
- Lateral Pelvic Shift
- Body-Half
- Knee Drop
- Arm Circle

Types of Movement Initiation:

- Core Initiation : Center
- Near-Reach / Proximal: hips, shoulders
- Mid-Reach / Mid-limb: knee, elbow
- Far-Reach / Distal: hand, foot

*** Developmental Patterns (= Bartenieff Principle)**

- Breath
- Core/Distal (Navel Radiation)
- Spinal (Head-Tail)
- Homologous (Upper-Lower)
- Homolateral (Body-Half)
- Cross-Lateral (Contralateral)

Space

Kinesphere = The reach space around the body. Kinesphere is directed along the Vertical, Horizontal and Sagittal axis of the body.	**Dynamosphere =** The space one can reach with intent (Effort). The Dynamosphere is composed of varied uses of Weight, Space, Time and Flow.

Kinesphere: Scales

One-Dimensional Scale moves along the Directional Cross of Axes

Dimension: 1 Dimension with 1 Spatial Pull
1 Spatial Pull, 2 Directions

- **Vertical** Dimension
- **Horizontal** Dimension
- **Sagittal** Dimension

Two-Dimensional Scale moves along the Diameters of the Planes

A Plane (rectangular) combines 2 Dimensions with 2 **unequal** Spatial Pulls.
2 Spatial Pulls, 4 Directions

- **Vertical / Door Plane**: Vertical and Horizontal Dimension – Vertical Dimension is dominant
- **Horizontal / Table Plane**: Horizontal and Sagittal Dimension - Horizontal Dimension is dominant
- **Sagittal / Wheel Plane**: Sagittal and Vertical Dimension – Sagittal Dimension is dominant

Three-Dimensional Scale moves along the Diagonals of the Cube

A Diagonal combines 3 Dimensions with 3 **equal** Spatial Pulls
3 Spatial Pulls, 6 Directions

- **R**ight **F**orward **H**igh – **L**eft **B**ack **L**ow *(Float to Punch)*
- **L**eft **F**orward **H**igh – **R**ight **B**ack **L**ow *(Glide to Slash)*
- **R**ight **B**ack **H**igh – **L**eft **F**orward **L**ow *(Flick to Press)*
- **L**eft **B**ack **H**igh – **R**ight **F**orward **L**ow *(Dab to Wring)*

Space

Spatial Pathways & Spatial Tension

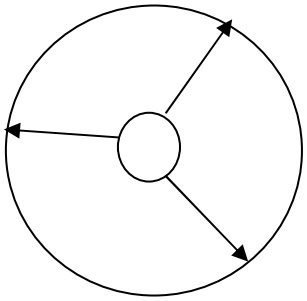
Movement initiations can be divided into 3 types of <u>Spatial Pathways</u>:

- Central Spatial Pathway: travels in radiating pathways from and into the center.
- Transverse Spatial Pathway: goes from one peripheral point to another within the kinesphere, travelling between the periphery and the center.
- Peripheral Spatial Pathway: travels along the outer limits (periphery) of the kinesphere, creating a sense of edge and always maintaining a fixed distance from the center.

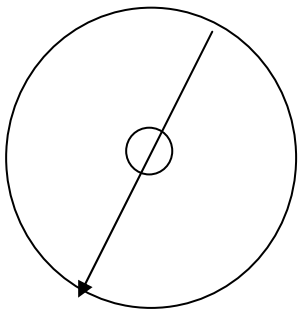
<u>Spatial Pathways</u> can be accompanied by 3 types of <u>Spatial Tension</u>:

- Central Spatial Tension: movement quality that radiates out from the center or comes into the center.
- Transverse Spatial Tension: movement quality that cuts through the kinesphere.
- Peripheral Spatial Tension: movement quality that establishes an edge or boundary to the kinesphere.

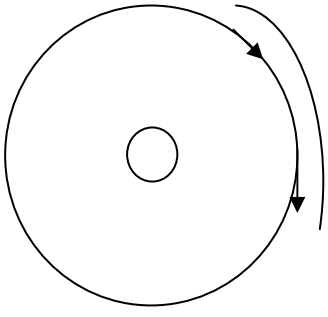
Central



Transverse

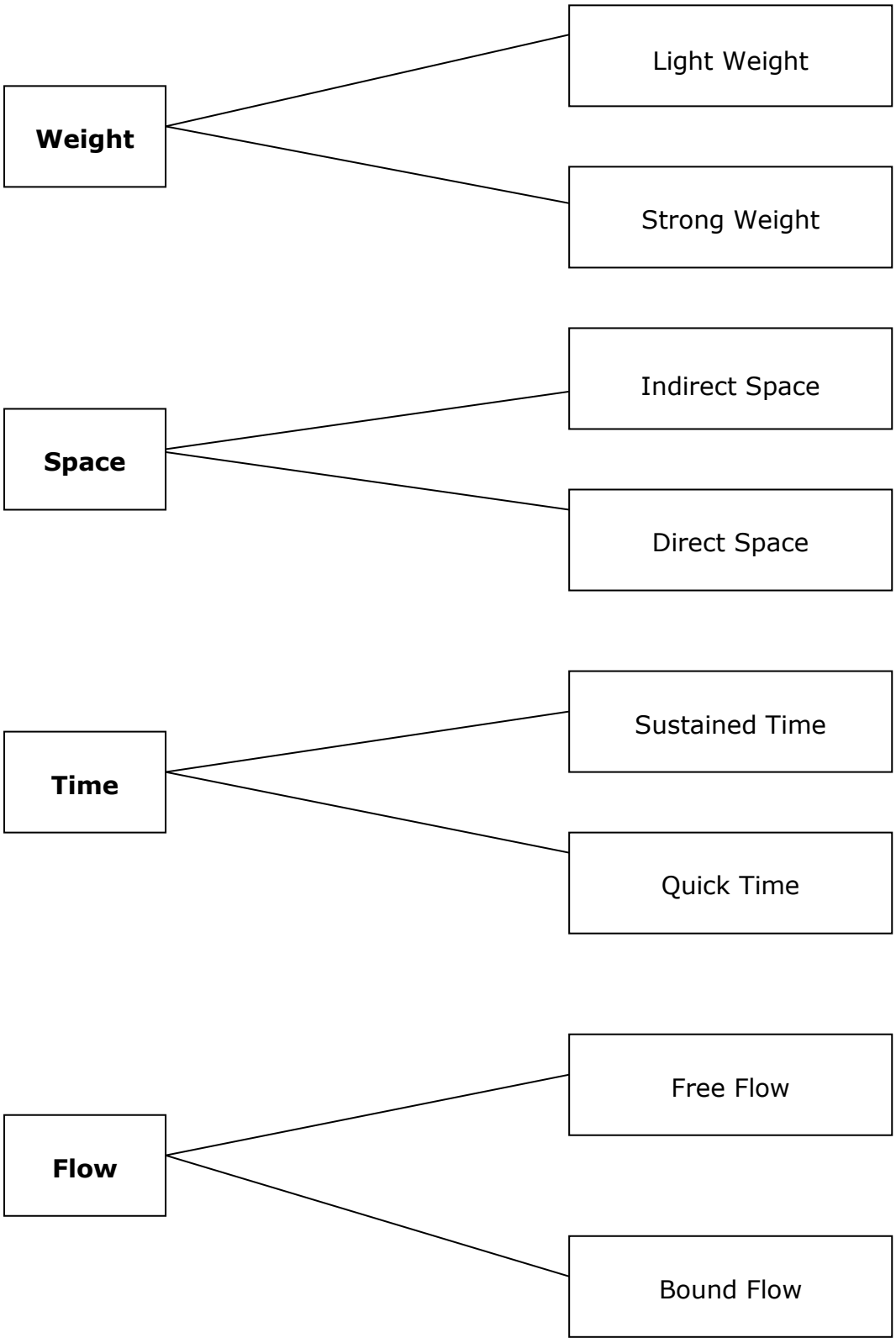


Peripheral



Effort

(~ Dynamosphere)



Effort

single Effort Factors

Weight
'… an attitude of using the impact of the body weight for a particular purpose'. (Coping, p.90)

Light Weight
delicate, fine touch, buoyant, gentle, vaporous, soft, overcoming or rarifying sensations of body weight, denying or negating one's weight.

Strong Weight
forceful, increasing pressure, powerful, vigorous, demanding, actively using the sensation of body weight to make an impact.

Space
'The Space Effort appears to be distinctive from the other three in the degree to which consciousness is involved in its activation'. (Coping, p.55)

Indirect Space
meandering, panoramic, scanning, roundabout, multi-faced attention to environment, flexible, all-encompassing awareness.

Direct Space
pinpointing, channelled, linear, aimed, tunnel-vision, arrow-like, honing in, single-focused awareness of environment.

Time
not only a particular duration but '… the attitude toward how one approaches whatever the duration of the time is'. (Coping, p.56)

Sustained Time
stretching out time, reluctant, luxuriant, drawn-out, prolonging, lingering, decelerating, leisurely, legato.

Quick Time
sense of urgency, instantaneous, immediate, hurried, abrupt, quickening, frantic, rushed, startled, staccato.

Flow
'Flow is the initiator of action. Although it is not necessarily dominant, and may not appear identifiable as Bound or Free, its neutral continuity as flux will still underlie all the other Effort elements'. (Coping, **p.55)**

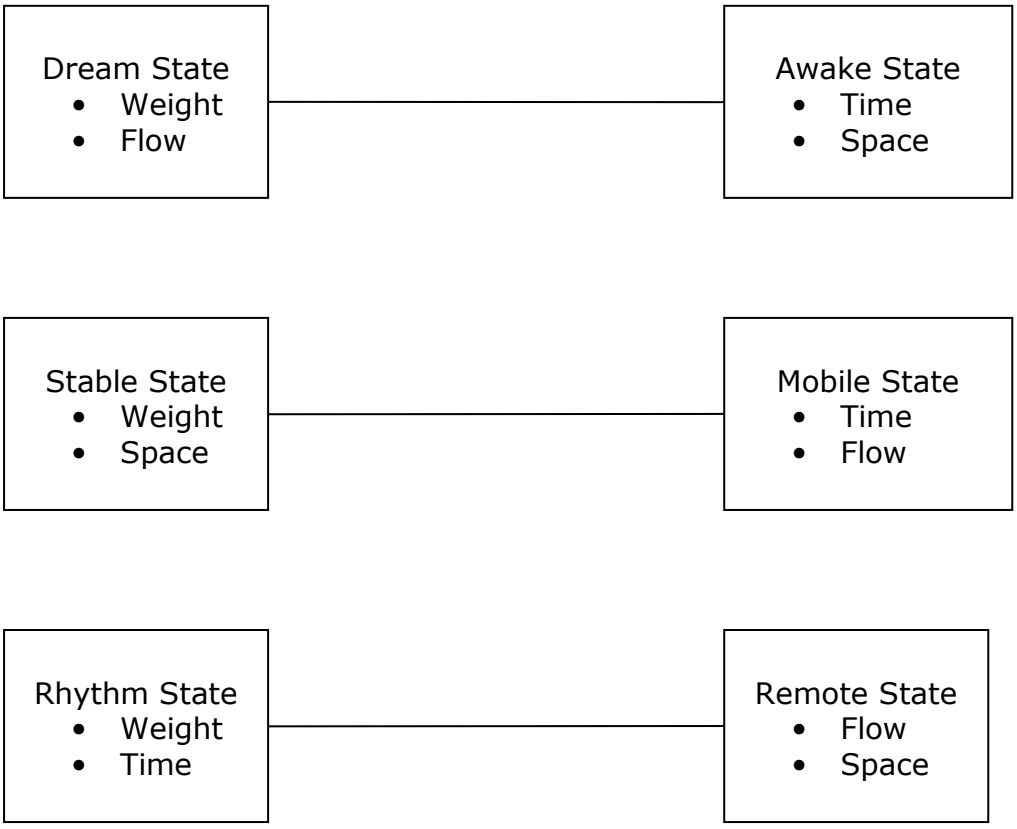
Free Flow
going with, allowing energy to flow through and out of the body boundary, on-going, abandoned, ready to go, wild, loose, fluent, careless, free movements are difficult to stop instantly.

Bound Flow
keeping energy within the body boundary, controlled, restrained, holding back, tight, rigid, dense, careful, bound movement can be stopped easily at any point.

States

(combination of 2 Effort Factors)

bipolar / opposite relationships between connected States



Drives

(combination of 3 Effort Factors)

Action Drive
- Weight
- Space
- Time

(less use of Flow)

Vision Drive
- Space
- Time
- Flow

(less use of Weight)

Passion Drive
- Time
- Flow
- Weight

(less use of Space)

Spell Drive
- Flow
- Weight
- Space

(less use of Time)

Shape